

Sunday, March 4, 2018

Plunging Verses: Open Level Contemporary (donation)

Company: Dance to the People

Venue: Arts On Site

Location: New York, NY

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Noel Valero

Suggested \$10 or PAY WHAT YOU CAN!

All donations will go to Dance to the People's fundraiser to travel to PERFORMÁTICA, Mexico, and to support collaborative projects for dancers in NYC.

Taught by Samsam Yung, this class draws on different modalities and aesthetics in contemporary dance including classical, post modern, street, gaga, and flying low. Emphasis is placed on somatic awareness, alignment, pleasure, efficiency, and diversity in movement qualities. We begin class from a mindful place, bringing awareness to breathe, sensation and weight. Our movement will build in complexity, athleticism and speed. Emphasis is placed on core strength and proper alignment to prevent injury and promote efficiency. We will plunge through space, fly and dive, challenge our physicality while leaving room for poetry and personal expression.

Buzz 4th floor

Dance to the People
12 St Marks Pl 4th Floor
New York, NY, 10003
<https://www.facebook.com/events/615098318834232/>

Schedule
March 4, 2018: 12:00pm

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